

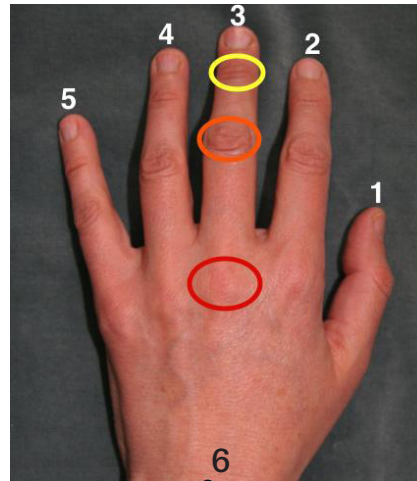
Word definitions:

Adhesion:

A condition in which body tissues that are supposed to be separated grow together because of scar building.

Splint:

A thin piece of hard material used to immobilize a fractured or dislocated bone, or to maintain any part of the body in a fixed position.

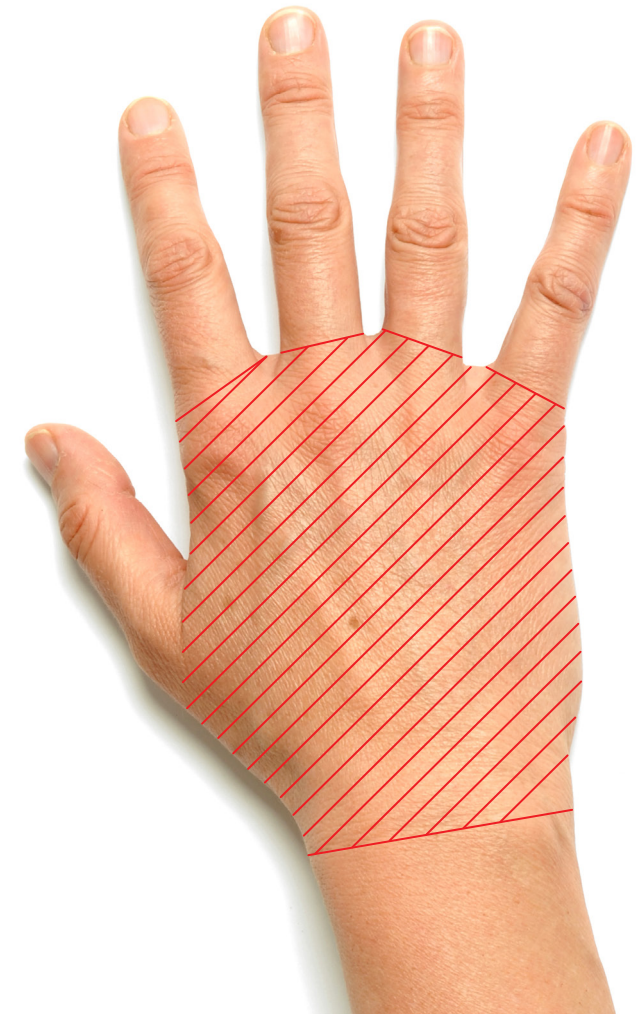


-  Base Joint
-  Middle Joint
-  End Joint
- 1. Thumb
- 2. Index
- 3. Middle Finger
- 4. Ring Finger
- 5. Little Finger
- 6. Wrist

Information sheet for Patients

Postsurgical-Treatment of the extensor tendons zone 5-7 „Norwich“

Occupational Therapy Hand Rehabilitation



Your Occupational Therapist

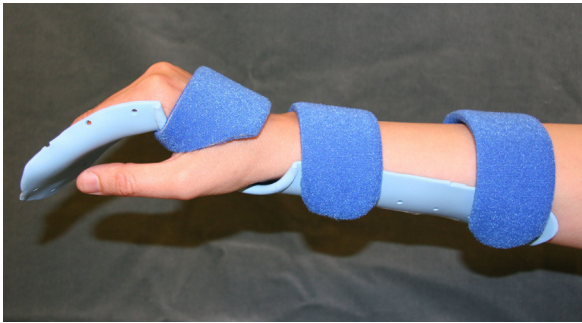
Name: _____

Tel.: _____

Universitätsspital Basel
Ergotherapie Handrehabilitation
Spitalstrasse 21
4031 Basel
Tel. +41 61 265 70 44

Information Extensor Tendon:

During the surgery your tendon has been stitched. It is important to not put too much load on the stitched tendon. However, the tendon should be moved to avoid adhesions with other close structures. For this reason you have a splint which keeps your hand in the right position and relieves your tendon(s) from too much load. In addition, you get a home exercise program explaining how you should move your hand for training.



Norwichsplint

Wearing time of the splint:

4 weeks, 24 hours a day. And during night time for 3 additional weeks.

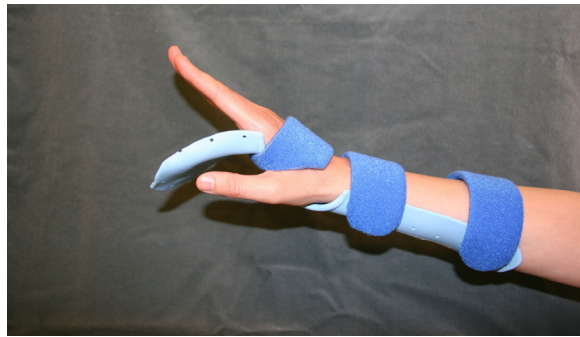
Home exercises:

1x a day: skin care and check for pressure marks.

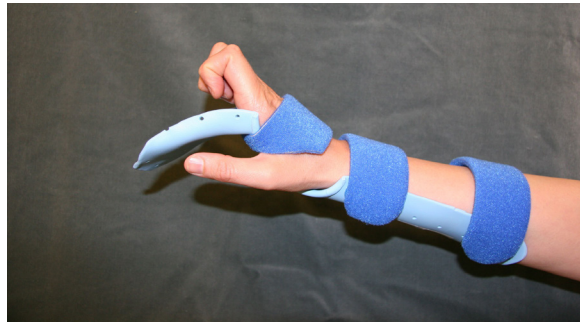
Exercises until the end of week 4:

Every 4 hours 10 repetitions

Extend your fingers and put them back on the splint.



10 repetitions keep fingers extended and bend the middle and end joint.



5x a Day move your shoulder, elbow and thumb.

From week 5:

Wear the splint less during daytime but keep it on during night time. Exercises: 10 x per hour bend and stretch your fingers actively and perform light daily activities without strength.

From week 8:

Do not use splint during night anymore. Beginning of the strength build-up.

From week 11:

Normally full force is allowed.

Attention/Caution:

- Due to special circumstances this exercise program may be changed if your doctor or surgeon says so.
- Look out for pressure marks from the splint and inform your therapist.
- If your hand is swollen, elevate it.
- While taking a shower, protect your hand and splint with a plastic bag.